



The Senior Spirit

NEWSLETTER OF THE
AMHERST SENIOR CENTER/COUNCIL ON AGING

No. 3 Volume 46

June-July 2016

June 2016

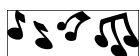
WORLD ELDER ABUSE DAY **Wednesday, June 15th, 2016** **12:30 PM**

In 2006 the United Nations designated June 15th as World Elder Abuse Awareness Day. This awareness day was launched to raise awareness and to promote a better understanding of abuse and neglect of older persons.

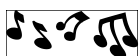
Each year Highland Valley Elder Services recognizes this day by reaching out to our local communities to honor this mission. Each year we choose to honor community partners that raise awareness throughout the year and work in collaboration and partnership with the Protective Service Program and staff.

Please join Highland Valley Elder Protective Service staff on **Wednesday, June 15, 2016 at the Bangs Community Center at 12:30 PM** for one of this year's celebration & recognition events. There will be a short presentation on the protective service program. Awards will be given to several of the community partners that have worked to alleviate elder abuse during 2016.

STRAWBERRY SHORTCAKE SOCIAL **Friday, June 17th, 2016**



2-3:30 PM



Bangs Center

Large Activity Room

Music by Donna Lee

Entertainment and Eric Weld

R.S.V.P. 259-3060

By June 15th

(\$2 at the door)



COUNCIL ON AGING MEMBERS

Dan Clapp (Chair), Jack Wollensak, Sue Dierks, John Magarian, Tim Atteridge, Richard Kofler, Norma Hallock, Mary Hough, Etta Walsh

FRIENDS JUNE FUNDRAISER

Treat yourself & treat your Senior Center at the same time!

Dine at Johnny's Tavern
June 15th between 5:00 PM & 7:30 PM
and the Amherst Senior Center
will get 20% of what you spend!

You **MUST** bring the coupon below or pick one up at The Senior Center. Only one per bill.

Dine for Seniors

Enjoy a night on the Town

Come to Johnny's Tavern

30 Boltwood Walk in Amherst

Wednesday, June 15th from 5 PM-7:30 PM

Johnny's will donate 20% of your meal to the Friends of the Amherst Senior Center

(THIS IS THE COUPON YOU SHOULD BRING WITH YOU.)

FRIENDS OF THE AMHERST SENIOR CENTER **ANNUAL MEETING**

June 7th, 2016, at 3 PM

All who have contributed in the past year to the Friends are invited and encouraged to join us at the Friends Annual Meeting at which the Board of Directors and Officers for the year will be elected. The purpose of the Friends is to raise money to provide for programs, services, activities and equipment to benefit Amherst seniors.

Please come to hear about our accomplishments this past year and add your voice to future fundraising ideas. We are ever grateful for your contributions to the Friends and for the money we receive in envelopes included with the Town census forms.

Refreshments will be served!

Please join us on June 7th!

Editors of THE SENIOR SPIRIT:

Nancy Hirsh Pagano, Karen Erman

WEB SITE: www.amherstma.gov/seniorcenter

70 Boltwood Walk in Amherst MA 01002

259-3060; 259-2413 (FAX)

EMAIL: paganon@amherstma.gov

Deadline for the next issue is July 5, 2016

WHO ARE THE "FRIENDS"?

A fundraising corporation called "Friends of the Amherst Senior Center" was established in 2007 to help support the Senior Center when Town budget cuts eliminated funding of all programs and services for elders. The 'Friends' now raises money to provide for services, equipment, supplies, programs, and classes that benefit seniors in our community. It is a 501C-3 and all contributions are tax deductible.

FY16 FRIENDS SOLICITATION

The Friends of the Amherst Senior Center's 7th annual solicitation and membership campaign is underway. The Senior Center, especially in these difficult times, relies on your help to keep programs and services going. This year we will again need to raise all program money through grants and donations. Any amount of money you can give is appreciated so that we can continue to keep our elder "safety net" intact.

FY16 DONATIONS TO THE FRIENDS SINCE OUR LAST NEWSLETTER
\$17,214.45

Amazon Smile, Kay Butler, Blanche Cichaski, Lawrence Siddall, J. Wolf & B. Levy (With particular thanks to the contribution of Rosemary and Dick Kofler), Mario S. DePillis, Sr., Phyllis Whitney, Ruth Crabtree, Kathryn Fitzgibbons, Mary Hough (in Memory of Charlie Good), Norma & Robert Hallock, Jean S. Holden

FY16 FRIENDS CENSUS DONATION
\$6,089.00 to date

Roderic R. Greene, Jeannette Tokarz, Robert & Jeanne Potash, Elizabeth Cahn, Janet Greenblatt, Barbara Tuthill, Helen MacMellon & Alan Rubin, Anonymous, Harden & Jeanne Ballantine, Valerie Gracechild, Frances & Bill Bixby, Joyce Berkman, Beverly & Stan Ziomek, Lewis & Melinda Spratlan, Shlomo Barnoon

You are invited to ...

A MUSICAL SHOWCASE SPECIAL EVENT

At the Bangs Community Center

FREE ADMISSION — FREE REFRESHMENTS

LADIES FIRST SINGING QUARTET

Friday, July 29th, 2 PM

This quartet sings competitively in 4-part a capella harmony and presents singing engagements for a wide variety of venues throughout Western New York. They also sing with the Buffalo Gateway Show Chorus ranked 9th worldwide of over 600 choruses in Sweet Adelines International. You can view their Facebook page at Ladies First Quartet.

**Amherst Senior Center Staff**

Nancy Hirsh Pagano, Director/Program Director
 Maura Plante, Program Director/Social Worker
 Karen Erman, Administrative Assistant (Office Manager)
 Helen MacMellon, Social Worker—Outreach
 Lisa White, Senior Health Services Director
 Kathleen Nelson—Lunch Site Director

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 Reception Desk Main Phone # 413-259-3060  
 Fax # 413-259-2413

**"GOLDEN-AGE" PHOTOS OPPORTUNITY**

**Wednesday, June 22nd, 12-4 PM**



Hello Everyone,

My name is Julie Moran, I am a mother of four young children, a local business owner (Happy Roots Preschool, South Deerfield MA), and a Photographer-Eyestory Photography. Photography is a great passion of mine, and it is one of my many life goals to touch as many lives as possible with the images that I capture!

I have created a volunteer program called "The Golden-Age", which is dedicated to providing free photo sessions to our local seniors, and their families. I have recently worked with the Shelburne Falls Senior Center, and was overwhelmed by the positive feedback I received there!

Each senior session is an incredible opportunity to capture the beautiful, unique, physical impressions which naturally document the individual's life experience. It is an exceptional honor to work with such experienced individuals, which is why all senior portrait sessions are free of charge.

**Please consider taking the time to schedule a 15-minute session by contacting the Amherst Senior Center at 259-3060.** Your sitting will result in images that will be cherished for generations! Bring your family, significant other, best friend, pet, a keepsake, etc.! All are very welcome!

There is no obligation to purchase prints—digital copies will be provided free of charge & will be available at the Senior Center. I look forward to meeting you all! Thank you. Julie Moran

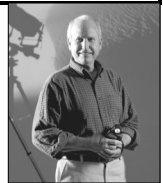
**YOUR PET AND YOU—A CHANCE TO HAVE A SPECIAL PHOTO MADE BY MICHAEL ZIDE**

To all pets and their senior companions,

I will be entering my 5th decade as a professional photographer in just a few years. Thirty-four years before, my wife Jana, myself and our 3 dogs and a cat left the island of Martha's Vineyard for Amherst, MA. A few years earlier I had begun a project very close to my heart. It was a photographic exploration of the relationship between people and the animals that brought them companionship, comfort and love. Whether a sheep farmer and his cosset lamb whose mother had died giving birth, a young woman devoted to her team of oxen, a painter with her dogs and cats, or other Islanders with their favorite chicken, reptile or "other", these environmental portraits reflected the bond and dependence between human kind and diverse members of the animal kingdom, mirroring my own affection for all the various creatures that were then present in my life or had been so important throughout my childhood. Some of these photos can be seen in the portrait section of my website.

As a senior myself, I want to revisit the project of examining the human-animal bond by making environmental portraits that illustrate that special relationship in a space where both people and animals feel most comfortable, i.e. the home or outdoors in a landscape setting. I hope that the project may be shown at the Amherst Senior Center to all the participants and guests at some point in the future. If interested, please contact me at 413-256-0779 or by e-mail at [zide@comcast.net](mailto:zide@comcast.net).

**Michael Zide is an educator, a member of Moab fine art paper's Master Photographers Program and a select member and Ambassador for Manfrotto, Livebooks web design and Canon printers. His work is held in private, corporate and museums collections and has been used in numerous magazines and books. His work has been on display at the Massachusetts' State House and the office of the Governor.**



**2016 ELDER LAW EDUCATION PROGRAM****ESTATE PLANNING BASICS**

**with Attorney Valerie Vignaux,  
Bacon Wilson, P.C.**

**Tuesday, June 28th, 1:30 PM**

You are invited to an informative presentation on estate planning basics. Attorney Valerie Vignaux of Bacon Wilson will address the documents necessary to make sure your wishes are honored, including Wills, Powers of Attorney, Health Care Proxies, and Medical Orders for Life Sustaining Treatment (MOLST). Valerie will also discuss the probate process and how to avoid it. This event is free and open to the public. Bring your questions and learn how to protect yourself and your loved ones.

*Valerie is an associate attorney and a member of the Bacon Wilson's estate planning & elder law team. She assists clients with all manner of estate planning and provides representation for guardianship and conservatorship matters. She is a member of the National Academy of Elder Law Attorneys, and spent a year serving as Superior Court Clerk to the justices of the Massachusetts Trial Court.*

**MASS BAR ASSOCIATION ANNOUNCEMENT**

The Mass Bar Association has prepared a revised and expanded 2016 edition of:

**"TAKING CONTROL OF YOUR FUTURE:  
A LEGAL CHECKUP"**

This resource guide contains information on a wide range of legal issues affecting the lives of seniors. You may view the guide online at:

<http://www.masslawhelp.com/consumer-protection/elder-law.aspx>  
(The Senior Center also has copies—ask a staff member.)

**AMHERST SENIOR CENTER'S  
SECOND HAND SHOP**



**NEEDS DONATIONS OF CLEAN ADULT CLOTHING,  
JEWELRY, SHOES, AND SMALL HOUSEHOLD  
ITEMS.**

**THE SHOP IS OPEN EVERY FRIDAY IN THE BANGS  
COMMUNITY CENTER FROM  
9 AM– 12 NOON.**

**DONATIONS CAN BE LEFT ANYTIME  
MON-FRI AT THE SENIOR CENTER OFFICE**

**TOWN OF AMHERST AMBULANCE BILLS**

When you receive an ambulance bill from the Town, you need to complete the reverse side of the bill where the insurance information is requested. Then mail it back to the Collector's Office. The Collector's Office needs your health insurance information in order to send bills to Medicare and any other health insurance you have. If you have questions about the bill you can call Maura Plante at 259-3213 or the Collector's Office at 259-3020.

**FOR YOUR HEALTH AND SAFETY****WHAT IS THE AMHERST S.A.L.T. COUNCIL?**

Seniors and Law Enforcement Together (S.A.L.T.) Council members work with the Police, Fire and Sheriff's Departments on projects that increase the safety and the well-being of our older residents.

**WOULD YOU LIKE TO BE A MEMBER?**

Meetings are held the second Tuesday of every month (except July and August) at 10 AM at the Amherst Police Department. New members are always welcome to join. Call **Mag Coty at 253-5832** for more information about S.A.L.T.

**SENIOR SAFE:****Senior Awareness of Fire Education**

The Amherst Fire Department is offering a special program for Seniors called Senior SAFE (Senior Awareness of Fire Education). It's funded through the Department of Fire Services. The program is run by Amherst Firefighters and consists of:

- Home inspection for fire safety
- Free carbon monoxide detectors
- House numbering with no cost to seniors

If you are interested in a home safety inspection, a free carbon monoxide detector and/or house number, please contact Nancy Pagano at the Senior Center, 259-3114.

**TRIAD SAFE ENTRY PROGRAM**

Flyers are available at the Amherst Senior Center about this program of the S.A.L.T. Council offered in collaboration with the Senior SAFE Program of the Amherst Fire Department. A generous donation from the Center for Extended Care and the Arbors is helping to fund the lock boxes.

This is a program in which seniors have a lock box installed that holds their house key. The lock box is a small secure box with a combination (which you choose) that holds your house key. The location and combination will be on file with the Amherst 911 Dispatch Center.

When an emergency call comes to the Dispatch Center, the dispatcher informs the responding officer or paramedic (via a secure format) of the lock box location and combination which will allow the officer quicker entry to offer assistance. There is no charge for this lock box thanks to community donations. Contributions by recipients are gratefully accepted always.

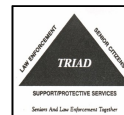
An application form is available at the Amherst Senior Center which should be given to Nancy Pagano when completed.

**TRIAD Presents:****A FREE SHREDDING OPPORTUNITY**

**Saturday, June 18th, 9 AM—12 NOON**

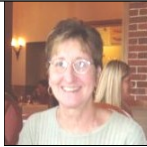
**LOCATION:**

**Behind People's Bank on Amity Street**





## CLASSES/SEMINARS

**DRAWING CLASSES****Instructor: Carolyn Bruneau****Mondays, 9:30-11:30 AM****JUNE 6TH—ELEMENTS OF DESIGN**

The elements of art and design will be introduced & how they are used will be discussed. You will practice these elements by completing small designs using geometric or organic shapes. Bring whatever medium you would like to work in—black and white, or color, and appropriate paper. This month I will challenge your creativity.

**JUNE 13TH—INTRODUCTION TO PRINTMAKING**

You will be introduced to the many ways artists use printing, as well as commercial uses for printing. We will use a very basic printing method today—using objects from nature or manufactured items. We will use things like leaves, and other plant life, as well as cardboard, to make a “stamp”. We can use coins, keys, jewelry or any other manufactured objects with a raised surface. Bring anything that you have that you think would make an interesting print. You will also need paint: watercolor, tempera, or acrylic & brushes, and all purpose art paper. I will have paint and printing ink, as well as some rice paper that you might like to try.

**JUNE 20TH—VEGETABLE PRINTING**

Today we will use vegetables to create our designs/pictures !! You will create designs, or a “picture” of reality from your imagination. PLEASE bring whatever vegetables you would like to use—potatoes are basic, but, onions, and apples provide an innate design that can be used. Carrots can be used to roll a design. Bring a small paring knife, or any tool, X-acto knife, nail etc. to use to cut into the potato. You will also need paint—watercolor, acrylic or tempera, & brushes with some all purpose art paper. I will bring some paint, brushes, and printing ink, as well as some rice paper that you may try.

**JUNE 20TH—MONOPRINTING**

We will use a technique to make a print from a painting—each print is unique and one of a kind, thus the name— monoprint! You will create a painting using heavy paint, watercolor, tempera, acrylic—and then make a print from it!! Several paintings may be combined in layers to create one print from several paintings. Photographs may be used as inspiration—bring yours, and I will bring some. Bring whatever paint and paper you want to use. Again, just let loose and have fun!!

**JUNE 27TH—MIXED MEDIA PRINTING/PAINTING**

Today is YOUR CHOICE! You may use any of the drawing, painting, or printing techniques that we have learned, in combination, to create your piece of mixed media art!! Bring whatever media you want to work with and appropriate paper. You can work from your own imagination, or you can bring your own photos and I will bring some as well. And, I will set up a still life IF anyone wants to work from that. You will be amazed at what you can do!!

**JULY 4TH—HOLIDAY, NO CLASS****JULY 11TH & 18TH—NO FORMAL CLASS**

I will be on vacation.—cruise to Alaska!! BUT, you may use the room and meet, without me, to draw/paint together

**JULY 25TH—INSTRUCTOR'S SURPRISE**

Just bring whatever medium you would like to work in: graphite, pen & ink, colored pencil (or whatever!) and appropriate paper. I guarantee you will be challenged and enjoy the end result!!!

**Everyone on all levels is welcome to join us! Feel free to call me, Carolyn Bruneau, 413-527-0579 with individual ideas, needs, questions & requests. Classes are \$10 each payable to the instructor.**

**“ASK A TECHIE” SEMINAR****Presented by Chris Allard****Tuesday, June 14th, 2016 from 1:30-2:30 PM**

This free talk will be about computer security and what people need to do to be safe when online and steps to take to protect personal information.

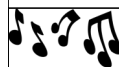
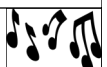
“It’s not a good thing we need to worry about security and privacy so much, but ideally, the goal of the presentation is to let beginning and advanced users know that it’s not that hard to stay safe and private with the right knowledge to start with. Given how vastly different the skill levels of your average person are, I try to make the information accessible to everyone, but I’ve been opening up for Q & A usually and that’s gone well for specific questions for some folks.”

*Chris is the Lead PC Technician and Service Manager for Northampton Computer Repair*

**LECTURES ON COSMOLOGY****Taught by JAMES van LUIK, Professor Emeritus, Philosophy of Science****(NO CLASSES MAY 31 UNTIL NEW CLASS BELOW STARTS)****SPACE, TIME AND VARIOUS KINDS OF MATTER****Eight Tuesdays, 1-3 PM****9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1**

Professor van Luik will lecture on several cosmological aspects of space, time & various kinds of matter. In order to form a black hole there must be a critical amount of mass in a small area perhaps smaller than the size of a proton, produced by a random quantum fluctuation, in order to maintain subatomic integrity. It may be the case that one can have a black hole inside a dark matter conglomerate, but this wouldn’t necessarily mean that the black hole is constituted of dark matter. There is speculation that being smaller than a proton, perhaps a dimensionless point particle, such a particle rather than being destroyed in a black hole could emerge in a new universe.

**No advance registration is required for these  
Free classes held in Room 101 of the  
Bangs Community Center.**

**“NAME THAT TUNE”  
WITH STEVE DAMON**

Sing-along with Steve usually the 1st and 3rd  
Mondays year-round from 11-11:45 AM  
in the Large Activity Room.

June 6~ Name That Tune: TV Theme  
June 20th~Name That Tune: Americana  
July 11~Americana Sing-Along  
July 18~ Name That Tune: Jazz Standards

*Steve Damon is the Founder and Lead Educator of  
ANatural Music School  
www.anaturalmusicschool.org  
anaturalmusicschool@yahoo.com*

**AMHERST SENIOR TRAVEL CLUB BUS TRIPS**  
**Contact Nancy Pagano at 259-3114 for further information.**

**HANCOCK SHAKER VILLAGE**

**DATE:** Monday, June 13th, 2016  
**LEAVE:** 8:30 AM **RETURN:** 4:30-5 PM  
**COST:** \$80 (admission, catered chicken sit-down luncheon, motorcoach, gratuity)

**NOTES:** Hancock Shaker Village began in the late 1780s, when nearly 100 Believers consolidated a community on land donated by local farmers who had converted to the Shaker movement. By the 1830s, with a great many more conversions and additional land acquisitions, the Shaker community peaked in population with more than 300 Believers and more than 3,000 acres. During the height of their growth, religious fervor and influence, the Hancock Shakers erected communal dwelling houses, barns, workshops and other buildings, and developed a large and successful farm. Eventually, forces outside the community, including the industrial revolution and the shifting of America from a rural to an urban society, worked against their continued growth and stability. Later the property was sold to a local group committed to preserving the Shaker heritage. The utopian village continues its life today as a history museum with 20 authentic buildings, a working farm and significant collections of Shaker furniture and artifacts.

**DAY ON YOUR OWN IN ROCKPORT**

**DATE:** Saturday, June 18th, 2016  
**NOTE NEW EARLIER DATE**  
**LEAVE:** 8 AM **RETURN:** 9:30 PM  
**COST:** \$48 (motorcoach, gratuity)

**NOTES:** Time for sightseeing, eating, shopping. Optional time at Good Harbor Beach. Bring a beach chair and/or blanket, umbrella.



**BOSTON DUCK TOUR, MAGGIANO'S LUNCH, CHURCH OF CHRIST SCIENTIST TOUR, NEWBURY STREET SHOPPING**

**DATE:** Friday, July 8th, 2016  
**LEAVE:** 7:30 AM **RETURN:** 7-7:30 PM approximately  
**COST:** \$78 (motorcoach, duck tour, gratuity)  
**NOTES:** After our 80-minute Duck Tour, we will have lunch at Maggiano's Italian Restaurant (you order and pay for your own meal.) After lunch we will visit the Church of Christ Scientist and then there will be some free time to shop on Newbury Street.

**DAY ON YOUR OWN IN OGUNQUIT, MAINE**

**DATE:** Thursday, July 28th, 2016  
**LEAVE:** 7 AM **RETURN:** 10 PM  
**COST:** \$50 (motorcoach, gratuity)

**NOTES:** This is a day to enjoy a walk on the Marginal Way, take a trolley ride from Perkins Cove around the town, swim in the ocean, shop, and dine at the restaurant of your choice. Ogunquit means "beautiful place by the sea" and is a seaside busy resort town.

**SENIOR TRAVEL CLUB GUIDELINES**

- PLEASE SIGN EARLY FOR TRIPS SO THEY DON'T GET CANCELLED AND EVERYONE IS THEN DISAPPOINTED
- Anyone, any age, from any town may participate.
- All trips leave from the Big Y parking lot—please park behind the Goodwill store.
- Money for each trip is due TWO WEEKS IN ADVANCE. Make checks out to: "Senior Travel Fund".
- Call Nancy's cell at 413-575-2681 if you are cancelling at the last minute so the bus won't wait unnecessarily.

**FAST FERRY TO PROVINCETOWN, MA**

**DATE:** Wednesday, August 24th, 2016  
**LEAVE:** 6 AM **RETURN:** 9 PM (approx.)  
**COST:** \$130 (ferry, motorcoach, gratuity)

**NOTES:** Participants will have a 90-minute ride each way. We leave Boston at 8:30 AM and will be in Provincetown from 10 AM until 3 PM. Provincetown is a very fun vacation destination—funky shops, good restaurants, beautiful scenery! A special thing to do is to take a dune buggy ride! We'll stop at Maggiano's/Legal Seafood for dinner before returning home (you order/pay yourself.)



**BEETHOVEN Symphony No. 9**  
**TANGLEWOOD SUNDAY CONCERT**

**DATE:** Sunday, August 28th, 2016  
**LEAVE:** 11:30 AM **RETURN:** 6:30 PM (approx.)  
**COST:** \$53 (lawn seats) Buy your own Shed tickets if you prefer. (This will reduce your price by \$22.)  
**NOTES:** This is *The Evelyn and Samuel Lourie Memorial Concert* featuring the Boston Symphony Orchestra conducted by Christoph von Dohnanyi; Rachel Willis-Sorensen, soprano; Ruxandra Donose, mezzo; Joseph Kalser, tenor; Gunther Groissbock, bass; Tanglewood Festival Chorus. (The concert starts at 2:30 PM)  
 Participants may bring lawn chairs & picnic food of their choice. Pizza, sandwiches & drinks are available for purchase at Tanglewood.

**NEW YORK (BRONX) BOTANICAL GARDENS**

**DATE:** Saturday, September 10th, 2016  
**LEAVE:** 8 AM **RETURN:** 10 AM  
**COST:** \$90 (admission, motorcoach, gratuity)  
**NOTES:** See spectacular seasonal exhibitions inside a landmark glasshouse that also features a tropical rainforest and cactus-filled desert! Ride the tram or walk to explore diverse gardens and plant collections across 250 acres of year-round beauty throughout the National Historic Landmark Landscape, including 30,000 magnificent trees. Enjoy exciting hands-on activities in two gardens and shopping in the very nice Gardens gift shop.  
 Participants have two meal options at the Gardens: a lunch café or the "Hudson Garden Grill". Call ahead for a reservation for the Grill—646-627-7711. Supper at Blue Colony Diner in Connecticut

**EASTERN STATES EXPOSITION**

**DATE:** Thursday, September 29th, 2016  
**LEAVE:** 8:30 AM **RETURN:** 7:30 PM  
**COST:** \$10 (van ride) You pay your own admission.  
**NOTES:** Hop on our van and enjoy the deliciousness of the Big E! Don't miss the fun—space is limited.



**LAKE WINNIPESAUKEE FALL FOLIAGE TRAIN**  
**RIDE WITH TURKEY DINNER ONBOARD**

**DATE:** Monday, October 10th, 2016  
**LEAVE:** 8 AM **RETURN:** 7:30-8 PM approximately  
**COST:** \$90 (turkey dinner, motorcoach, train, gratuity)  
**NOTES:** This is a three-hour train ride with a Hart's Turkey Farm hot turkey dinner included. (This trip was a big hit last year and is now back by popular demand.)



**Come meet with our Collette representative to choose long trips for 2017 on Monday, June 20th, 2 PM**

**SENIOR CENTER WELLNESS CLINICS HELD AT THE BANGS COMMUNITY CENTER****SENIOR HEALTH SERVICES****Lisa White, BS, RN**

"Helping seniors help themselves stay healthy"

**Bangs Center Hours:****Mondays 10 AM-12 PM & 1:30-3:30 PM****Thursdays 1:30-3:30 PM****Screening & Monitoring Symptoms of Health Problems**

blood pressure, blood glucose level, weight measurements, etc. Senior Health Services seeks to promote health & monitor ongoing health conditions.

- **First aid for minor trauma**
- **Health information and resource materials**  
medications, diet, health conditions, concerns, better health care, etc. We can help you identify and possibly change risk factors for developing health problems such as high blood pressure, heart disease, stroke and diabetes.

- **Assistance with health care needs**  
Do you need help with a non-emergency health issue?

Are you unsure who to go to?

Please call 413-259-3257.

Lisa will call you back to discuss.

Did You Know?

**The Senior Health Services Nursing Center is a fee-free service thanks to generous community donations.**

**FREE BLOOD PRESSURE CLINICS**

**Tuesdays, 9-10 AM** at the Amherst Senior Center in the Senior Center's Garrabrants Room. No advance appointments are needed to participate. This clinic is run by retired or semi-retired nurses who volunteer their time.

**HEARING CARE SERVICES**

Courtesy of the Avada Hearing Care Center, hearing aid repair service is available regularly at the Bangs Community Center. Walter Nowak, a Hearing Instrument Specialist, provides hearing aid repair clinics and hearing screening every other month at the Senior Center. He will be available **Wednesday, June 15th, 1-3 PM.**



The following services will be provided at no cost:

- Evaluations • Screening
- Counseling • Ear Canal Inspection
- Hearing Aid Assessment

If there is an internal problem with the hearing aid, Walter will assist you with returning it to the factory for repair. *There will be a factory charge for all aids that need to be repaired at the factory unless the aid is still under factory warranty.*

Please call the Senior Center at 259-3060, if you wish to schedule an appointment. If you wish information on hearing health, call 1-800-247-5666.

**At AVADA, our mission is to make sure that every person over the age of 55 in our community has an annual hearing screening as part of their overall health and wellness.**

**When you suffer from hearing loss, you also suffer from a diminished quality of life. At AVADA, we are committed to helping people regain their hearing and the lifestyle they deserve. If you know of someone who we can assist, please contact us. You may be part of changing someone's life.**

**SENIOR FOOT CARE:**

Sharon Beaulieu, RN, staffs our foot care (and ear irrigation) clinics **EACH FRIDAY from 9:40-12:40 PM.** The fee for service is \$28. For an appointment, call 259-3060. Foot care includes nail clipping, callous removal, therapeutic foot massage and hygienic foot bath. **Sharon is willing to do home visits for foot care, if that is necessary.** Call the Senior Center and leave your name & phone # and Sharon will call you to make and appointment for your in-home visit. (home visits are \$40).

**EAR IRRIGATION CLINICS****with Sharon Beaulieu, RN**

Appointments are 20 minutes and may be scheduled for two sessions. Patients need to use Debrox Wax Softening drops at home two days prior to their appointment for hardened wax problems. Treatments are \$25.

Sharon offers ear irrigation or foot care on Fridays from 9:40-12:40 PM. Call the senior center at 259-3060 to schedule your appointment.

**EAR IRRIGATION CLINICS****with Dr. Daniel Clapp**

Dr. Daniel Clapp is providing ear irrigation clinics the 2nd & 4th Tuesday of each month from 3-4:30 PM to seniors at no charge. Those who avail themselves of this service will be encouraged to make a \$10 donation to the Amherst Senior Center Wellness Grants Gift Account instead of paying a fee. **No Debrox drops are needed.**

Appointments can be made by dropping in or calling the Senior Center at 259-3060. Upcoming clinics are: **6/14 & 6/28 and 7/12/ & 7/26 from 3-4:30 PM.**

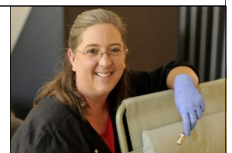
**THE TRAVELING TOOTH FAIRY**

Many people do not have access to dental care for a variety of reasons. It may be that they don't have dental insurance, there is a lack of transportation, financial limitations or simply that there is not a dentist nearby.

The Traveling Tooth Fairy, Marcy E. Foreman, RDH, BS, provides "On-Site Oral Healthcare" using portable dental equipment, as allowed by the Board of Registration in Dentistry.

Marcy will be visiting the Amherst Senior Center on **Wednesday, June 22nd, 9-12 noon**, to offer Dental and Oral Cancer Screenings (no charge) and Dental Cleanings. Dental Cleanings are \$53 and can possibly be reduced based on income and household size. Mass Health, Commonwealth Cares and Senior Whole Health Insurances cover these services.

**Please call the Amherst Senior Center 259-3060 to schedule an appointment.**

**MASSAGE CLINICS**

Licensed Massage Therapist, Talya Solomon, is scheduling head and neck and full body massages at the Bangs Center. Her charges are reduced for seniors and are \$40 per hour and \$25 for a half hour. **Clinics are held Tuesdays by appointment.**

Call Talya to schedule your appointment at 256-8225. Home visits are also available. Talya's website is [www.massagewithtalya.com](http://www.massagewithtalya.com).

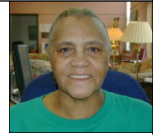
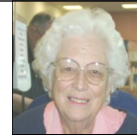




## SENIOR CENTER FITNESS CLASSES

**GENTLE FITNESS—Mon, Wed, & Fri. 11-11:30 AM—with Dona Motts & Penny Nolan**

Gentle fitness classes continue Mondays, Wednesdays & Fridays from 11-11:30 AM at the Bangs Community Center. All exercises are done in a standing or sitting position and are set to music. Suggested donation is \$1 per class. Newcomers are welcome anytime.



Dona

Penny

**NOT JUST ANY LINE DANCING—Tuesdays, 10:45-11:45 AM—with Anastasia Christie**

Anastasia teaches an ongoing fitness class entitled NOT JUST ANY LINE DANCING Tuesdays, 10:45-11:45 AM. The cost is \$5 per class (payable to the instructor). Beginners can start at any class; advanced registration isn't necessary. **No line dancing classes in August.**

**BALLROOM DANCING—Fridays, 9:45-10:45 AM, Instructor Anastasia Christie**

What can be better than starting out your morning to the tunes of big bands while getting a great workout for your body and soul? This course covers the basics of Waltz, Swing, Foxtrot, Tango, Cha-cha, Rumba and Mambo. Sign up for Anastasia's class for eight weeks or take it one at a time. Anastasia instructs on the DVD companion to the book, The Complete Idiot's Guide to Ballroom Dancing. No experience or dance partner necessary. Friendly atmosphere. Newcomers can join anytime. The fee per hour lesson is \$8 per couple, \$5 single. **No ballroom dance classes in August.**

**FOLK DANCING—Tuesdays 1-2 PM—Instructor Eva Goldwater**

Exercise your mind as well as your body with INTERNATIONAL FOLK DANCING. Folk dancing is a gentle, weight-bearing activity that engages your brain as well. Best of all, it's FUN! If you can walk, you can do these dances. All dances are taught. The folk dance group meets Tuesdays, 1-2 PM in the Bangs Center's Large Activity Room. Newcomers can join at any time, and there is no fee. **Folk dancing will not meet in July and August.**

**TAI CHI—Mondays 3-4 PM—Instructor Bailing Li THERE IS NO TAI CHI IN JULY & AUGUST**

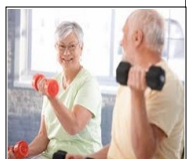
Tai Chi is very helpful to elders to improve balance, flexibility, & concentration. It is a particular help for people who have arthritis because Tai Chi involves slow motion and reduces joint inflammation. Tai Chi for Seniors imparts great health benefits, such as: improved posture and balance to help prevent falls, better circulation, improved metabolism, enhanced immune and neuromuscular functioning, as well as healing and prevention of illness. According to Bailing, the American Medical Association recently researched Tai Chi and found that it also helps in coping with headaches, shingles and osteoporosis. Bailing Li's weekly **TAI CHI** classes are open to newcomers anytime. The charge is \$75 for ten sessions—speak to the instructor about her payment policy if necessary. **There is no Monday Tai Chi in July and August.**

**ARTHRITIS EXERCISE—Mondays, Weds. & Fridays 12:30-2 PM led by Lynn Vennell, Judy Atwood**

This is a group exercise program specifically designed for people with arthritis and related rheumatic diseases or musculoskeletal conditions, taught by trained & certified Arthritis Foundation instructors. Each class includes a variety of stretching, strengthening, endurance-building and relaxation exercises. Scientific studies have shown, after eight weeks of at least bi-weekly participation in Arthritis Exercise, you are likely to experience reduced joint pain and stiffness, as well as maintained or improved mobility, muscle strength and functional ability. In short, if your joints need a "tune-up", this is the exercise class for you. The Amherst Senior Center's Arthritis Exercise classes are 90 minutes in length, and are held every M-W-F from 12:30–2 PM and are \$2 each. Newcomers are welcome.

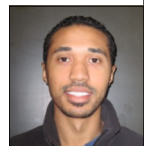
**MOVING FOR FUN & FITNESS—Thursdays from 3-4 PM—Instructor Alicia Morton**

This class uses easy to follow and pleasurable movements, which are known to improve bone density, done to a selection of world music—from Mali, Norway, Haiti, Ireland and more. The music is beautiful and makes moving irresistible. Wear comfortable clothing and soft-soled shoes. Drop-ins welcome. This is a free class. **No classes after June 16th until September 8th.**

**HEALTHY BONES & BALANCE (FORMERLY KNOW AS OSTEOPOROSIS RESISTANCE TRAINING CLASSES)—****Mondays & Wednesdays 8:30-10 AM and Tuesdays & Thursdays 2:30-4 PM**

The Healthy Bones and Balance Program (HBB) is designed to increase participants' strength, mobility, flexibility and balance. Weekly classes are led by trained RSVP volunteers. Healthy Bones & Balance classes are a free, fun way to exercise and socialize. Participants use light hand weights and/or leg weights or their own resistance to increase muscle strength and stimulate joint health. Instructors offer modifications that make this class safe while still offering appropriate challenge to achieve results. HBB leaders are part of a network of trained volunteers with interest in and knowledge about exercise and wellness. **Jaymie Chernoff and Betsy Howlett** lead the morning classes and **Sophie Rogers and Mary Beth Seminario** lead the afternoon classes.\*

\*If you are interested in the afternoon class, please call one of the instructors first: Mary Beth at 413-253-0894 or Sophie at 413-835-0644.

**"FUNCTION WELL"—Tuesdays and Thursdays, 8:30-9:30 AM—Instructor Greg Coleman**

In this class, students build strength and improve mobility, range of motion, and coordination—all things that are crucial for functioning well into your later years. Come and enjoy this fun morning class! Classes are \$3 each. **It is expected that Function Well on Mondays will resume in September. (Tuesdays and Thursday classes continue in the summer.)**



**MORE FITNESS CLASSES****WEDNESDAY MORNING YOGA CLASSES  
LED BY DANA ORSMAN****No class July 13th and July 20th**

Yoga is a powerful practice for maintaining lifelong health and well-being. Curious participants of all ages are welcome to come and try out yoga at the Amherst Senior Center! No pre-registration is necessary. Drop-ins are always welcome. **Wednesdays at 9:30 AM.** Energizing, strengthening and calming chair and floor yoga postures are offered in a playful, relaxed and supportive atmosphere. Modifications are offered for all poses, both in the chair and on the floor. The fee for each class is \$10 payable to the instructor.

**TAI CHI for Arthritis and Fall Prevention – Tues/Thurs 10:30-11:30 AM  
Instructor Arianne Pfoutz No class  
week of May 30th-June 3rd**

Come enjoy the gentle, fluid movements of Tai Chi while boosting your health and mobility. Dr. Paul Lam's Tai Chi for Health (Arthritis) program has been endorsed by the CDC as an effective tool for reducing the risk of falling; the Arthritis Foundation recommends it to help reduce pain and stiffness and increase balance and flexibility.

This program emphasizes safety and working within your individual comfort zone. Participants experience relaxation, calm, and a boost in energy and clarity that often spills over after class. Our focus is on having fun, feeling more empowered, and creating a higher level of mind and body wellness by practicing these easy yet profound exercises. Even a few minutes of Tai Chi stimulates the body to move toward healing.

Classes are \$5 each payable to the instructor.

*Arianne Pfoutz is a certified instructor of Tai Chi for Arthritis/Fall Prevention. She is also a professional writer and Certified Teacher of Transcendental Meditation. A graduate of Princeton, she was a member of the championship squash team, and has also taught Nia Dance classes.*

**WELLNESS GRANTS ARE AVAILABLE**

The Senior Center doesn't want anyone to be left out of its fitness classes or clinics because of lack of funds. A \$15 "wellness grant" is available to low-income Amherst elders upon request. Speak to Karen or Nancy at the Senior Center to fill out a simple means-test form. A maximum of two \$15 grants is allowed per month (\$150 yearly cap) and can be used for clinic appointments or fitness classes. (The funds for this come from donations.)

**THE WRITTEN WORD****MEMOIR WRITING**

The Memoir Writing Workshops are held from **1-3:30 PM on Thursdays but will take a summer break starting June 23rd and will resume on September 22nd.** Are you writing down your memories or would you like to? Join a group of spirited writers on Thursdays from 1-3:30 PM. We'll write both in and out of class and read our work to the group. Sharing, support, and fun for all. The group meets weekly. For further information contact George Cernada at 549-7815.

**NEW COURSES****GENDER: AN ANTHROPOLOGICAL  
PERSPECTIVE****10 Thursdays, 10-11:30 AM starting 7/7.****As the course progresses, there may be a Thursday that will be skipped but at this point that is only a possibility.**

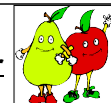
An examination of the biology, psychology, and cultural underpinnings of sex and gender. The greatest emphasis is on constructed gender and the manner in which it varies across cultures.

The goal of this course is to promote an understanding of what some of the genuine differences are between the sexes and of the significant variability that, nonetheless, is held to be biologically given.

**This is a free course, but please pre-register at the Senior Center or by calling 259-3060.**

(We want our classroom to be set up adequately)

*Douglas Raybeck is professor emeritus of anthropology at Hamilton College. He received his PhD in anthropology from Cornell University in 1975. He has published more than 60 papers and six books, four of which were coauthored. Topics have ranged from fieldwork in Kelantan, Malaysia, to psycholinguistics, to study skills, the likelihood of extraterrestrial intelligence, and future studies. His most recent book is Looking Down the Road: A Systems Approach to Future Studies.*

**HEALTHY EATING SERIES INFO SESSION  
With Marcus Chiaretto, Lifepath Coordinator  
Tuesday, July 12th, 1-2 PM**

This is a free introductory session to introduce participants to an opportunity to participate in a free evidence-based program that may be offered this summer (if there is enough interest) at our senior center. A description is below:

The Healthy Eating Program is a program for seniors who want to learn more about nutrition and how lifestyle changes can promote better health. Based on the USDA MyPlate®, the main components of the program include: Goal Setting, Problem Solving, Group Support, Nutrition Education, and Self Assessment and Management of Dietary Patterns. Six (6) consecutive 2 or 2 ½ hour sessions are followed by a Healthy Eating restaurant outing optional.

Session 1: MyPlate, Label Reading, Portion Control and Exercise

Session 2: Grains, Vegetables, Fruits, Water and Exercise

Session 3: Protein, Eggs, Legumes, Dairy and Exercise

Session 4: Fats, Sweets and Exercise

Session 5: Grocery Store Outing or Virtual Grocery Outing

Session 6: Meal Preparation or Cooking Demonstration

Session 7 (optional): Restaurant Outing (after Session 6)

The program is delivered by two (2) trained group leaders with the support of a nutritionist or registered dietician. Sessions are highly participatory and include an education component and hands-on activities. **We are hoping folks will come to this intro session—it is a great opportunity. Funding will come from:**



A teaching affiliate of  
Harvard Medical School



### **New Options Community Group's Calendar for June**



Since 1997 we have been expanding our conscious knowledge about a wide variety of new research findings, concepts and practices from scientific, humanistic and psycho-spiritual communities worldwide.

No topic is out of bounds. Our discussions are always mutually respectful and empathetic. Our mission: To inform our conscious responses to life situations so that our choices will be made within integrally wise and healthful parameters.

**June 1 – Part 2 of How Do We Transmit Information and Attitudes to Our Kids.** Jay Stryker, our co-coordinator, presented the first part of this topic in late April. Now he will lead a discussion on additional ways we are able to accomplish this important "wisdom" transfer, and how to overcome the generational "gaps" in attitudes and values.

**June 8 – A Discussion with Solomon Goldstein-Rose, candidate for Retiring Ellen Story's House Seat.** Solomon is planning a discussion on the issues Massachusetts is facing and will be facing during his term as our State Representative if he is successful in his bid for that position. This is an opportunity to meet one of the Democratic hopefuls to replace our longtime Representative Ellen Story.

**June 15 – Loot: The Battle Over the Stolen Treasures of the Ancient World.** New Options coordinator Jane Madden will present information on the book by that title by Sharon Waxman. Waxman gives a fair hearing to all the actors in this bitterly antagonistic drama, and offers suggestions to solve the situation which many experts find interesting and positive.

**June 22 – Autism in the Age of Neurodiversity.** Guest speaker Michael Wilcox will discuss what it is like to be autistic, both from a physical perspective (how the world is experienced in a different way) and from a cultural perspective (how our society treats autistic people.)

**June 29 – Summer Picnic at the Lake Wyola house of New Options Co-coordinator Dick Stein.**

*Best wishes for a wonderful summer. New Options will resume on September 7, 2016*

*Our group is coordinated by Jane Madden, Dick Stein and Jay Stryker. We meet Wednesdays from 2-4 PM in Room 101 of the Bangs Community Center. Should you have questions, please feel free to call Jane Madden at 413 230-3460 or contact her by email at [mjanemadden@comcast.net](mailto:mjanemadden@comcast.net).*

### **RICHARD WAGNER: THE RING OF THE NIBELUNG**

**Taught by Stephen A. Gottlieb, Emeritus Professor of English Literature**  
[stephen.gottlieb@comcast.net](mailto:stephen.gottlieb@comcast.net)



**THURSDAYS: June 9, 16, 23, 30, July 7, 14, 21**  
**1-3 PM in Room 101 in the Bangs Community Center**

Note: This class is free, but please sign up at the Senior Center if possible.

This is the first of two courses on Richard Wagner's *Der Ring des Nibelungen* (The Ring of the Nibelung), premiered 1876. I will discuss *Das Rheingold* and *Die Walküre*, the first and second of the Ring music dramas. We will watch complete live video performances of them. I plan to present the remaining operas, *Siegfried* and *Götterdämmerung* (The Twilight of the Gods), at a later date.

As the musical core and compendium of Wagner's music, *The Ring* cycle remains a chief fountainhead of Romantic and Modern music. We can admire and analyze its complex musical and psychological depth, based on Wagner's brilliant adaptation of Icelandic and other myths. In addition to writing the librettos and composing the music, Wagner controlled all aspects of cast and production and built an opera house specifically for these operas. We will explore many details of these melodically delicious, visually startling, and very human music dramas. Few other sets of operas better represent the variety and emotional depth of the human condition, from the imagined creation of a world to its destruction. With a full spectrum of charming and horrid characters and creatures, Wagnerian splendor is nowhere more profusely displayed than here.

As always, I have designed this course for people who enjoy classical music, or who are curious about it, with a format of lectures, watching the operas, and discussion. ~Steve

**NEW COURSES****FOOD WRITING COURSE****TUESDAYS, 9:30-11 AM FROM  
JUNE 14-JULY 19TH**

Let's encourage each other as we explore writing about favorite family foods, the food industry, restaurant reviews, recipes, and local food products. We'll look at tips and tactics for focusing and improving our writing about food experiences, volunteer to read our writing aloud, and share our longer pieces. Please bring a food photo printed or on your device for inspiration at the first class, if you have one.



*Judith Rathbone is an experienced college writing instructor and also taught creative writing for five years at a senior center in California before returning to Amherst last year. Contact her at [jrathbone2016@gmail.com](mailto:jrathbone2016@gmail.com) with any questions or to introduce yourself before the course starts!*

**SENIOR CENTER SOCIAL PROGRAMS****CHINESE MAHJONGG**

Tuesdays 12:30-2:30 PM, Ethel Moore Gallery

**SOCIAL BRIDGE GAMES — ALL WELCOME**

Wednesdays 12-4 PM, Ethel Moore Gallery

**SCRABBLE**

Keep your mind active &amp; enjoy the camaraderie!

Tuesdays, 1-3 PM, Ethel Moore Gallery

**MEXICAN TRAIN DOMINOS**

Mondays &amp; Fridays, 1-3 PM.

**BILLIARDS**

Daily by request.

**CRIBBAGE GAMES**

9 AM Registration, 9:15-12 noon Fridays

Mary Burlington, facilitator, has played cribbage for over 25 years and is a member of the ACC.

**CHESS GAMES ANYONE?** Thursdays, 1-4 PM

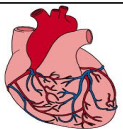
Garrabrants Room (next to Senior Center Lounge)  
Beginners and advanced players are welcome.

**JOY OF SONG—with Sara Snyder****Tuesday, June 7th, 1-2 PM**

Please join us for a fun, informal community singing hour. Join in on familiar old songs, and enjoy the proven health benefits of group singing. Lyrics will be provided. All abilities welcome – it's the spirit that counts!

*Sara is an experienced musician with an MA in World Music and a full-length CD. She has been leading group sings in a variety of places in Western Mass. This is the first of three sings funded by the Mass. Cultural Council. Sara has a repertoire of more than 275 classic songs and she accompanies groups with an antique banjo!*

**This program is funded by a grant from the Massachusetts Cultural Council.**

**HEART TO HEART SUPPORT GROUP FOR THOSE WITH CARDIAC ISSUES:**

**We are announcing a psych-educational support group for both men and women who have experienced a cardiac event. Those who have been identified by their physician, or themselves, as being at risk are also very welcome.**

Do you have persistent high blood pressure putting your heart at risk? Do you smoke or experience excessive stress? Do you struggle with your weight? Do you have diabetes or high cholesterol? Do you have a family history of heart disease? All of these factors put you at risk.

Heart disease is the number one killer in the U.S. However, there are proven ways of changing your lifestyle and reducing cardiac risk, but most of us need help if we are to do this.

**The group will run for eight consecutive weeks and we ask that you commit to coming every week.** This is essential for building group cohesion and to acquire the skills to succeed. **The group will meet at the Senior Center in Amherst. The start date for the group is Monday, June 13th, 1:30 PM to 3 PM.** Topics to be covered will include a variety of stress reduction techniques and strategies, relaxation and meditation, nutrition and diet, sleep, exercise, managing anxiety, smoking cessation and navigating the medical system. **Medicare and other insurances will pay for these services. An individual screening is required with Dr. Amanda Roberts, licensed clinical psychologist to ensure that you qualify.** There will also be an opportunity to participate in gathering research data for a protocol that can be used for treating medical trauma.

Dr. Amanda Roberts will facilitate the group. She has 30 years of experience in the mental health field and a specialty in working with medical issues and trauma. She studied at Harvard and trained at Stanford University. She completed postdoctoral training at UMass Memorial Medical Center in their Cardiac Rehabilitation Program and has extensive experience working with health conditions.

Please call or email Amanda Roberts, PhD, MA for an initial interview.

9 Research Dr., Suite 3

Amherst, MA 01002

413-253-0440

[britshrink@aol.com](mailto:britshrink@aol.com)[www.amandarobertsphd.com](http://www.amandarobertsphd.com)

**FROM MAURA PLANTE, 259-3213 and HELEN MACMELLON, 259-3062****BENEFITS COUNSELING AND APPLICATION ASSISTANCE**

The Benefits Counseling and Application Assistance (BCAA) volunteers are available at the Amherst Senior Center to provide application assistance and advocacy for Fuel Assistance, SNAP (formerly Food Stamps) and utility discounts and repayment assistance programs. Benefits Counseling Services are essential for understanding how to complete multiple, complex and confusing applications. Scheduled appointments are on Wednesdays, 1:30-3 PM at the Senior Center.

"Two-thirds of elder households are economically insecure, as their income falls short of monthly expenses. Older adults can not sustain such an imbalance forever. The BCAA Program will help secure a more solid financial foothold for older adults who must take advantage of every cost savings strategy available to them or outlive their savings," said Mary Kay Browne, Director of Special Projects at the Massachusetts Council on Aging (MCOA).

**Call 413-586-2000 to schedule your BCAA appointment.**

**FOOD PROGRAMS: BROWN BAG & SENIOR MOBILE PANTRY**

Brown Bag, a program of the Food Bank of Western Massachusetts, provides a free bag of canned and dried foods to eligible people age 55 and over. The food is delivered to the Bangs Center the first Thursday of each month and a wonderful group of volunteers bag up the items. A typical bag of food will include some of the following items: peanut butter, tuna fish, canned vegetables and/or fruit, rice, pasta, canned soup, juice concentrate, dried beans, cereal, dried fruit, and at times, fresh vegetables, cheese or ground meat. To apply for this program call Maura or Helen. We can meet with you to complete the short application, or email/mail it to you. For a single person the income limit is \$1800/month and for a 2 person household, the income limit is \$2426/month. We give participants a reminder call 2 days before the Brown Bag date. The bag may be picked up at the Senior Center between 2-4 PM the first Thursday of each month.

If you're eligible for the Brown Bag you're also eligible for the Senior Mobile Pantry, a program of the Amherst Survival Center. The bags of food are delivered on the third Wednesday of each month to the lobbies of the Clark House, Ann Whalen apartments, Chestnut Court, plus to the Senior Center. The food arrives in a cloth grocery bag labeled with your name. If you do not submit an order form you will not receive a bag of food. If you do not live at one of the housing sites, your bag will be delivered to the Senior Center. The receptionist will call you to let you know the bag of food has arrived and needs to be picked up.

To apply for the Senior Mobile Pantry call Maura or Helen. We can meet with you to help you with the application or email/mail it to you. The income guidelines are identical to those for the Brown Bag program. Maura: 413-259-3213 or [plantem@amherstma.gov](mailto:plantem@amherstma.gov). Helen: 413-259-3062 or [macmellonh@amherstma.gov](mailto:macmellonh@amherstma.gov)

**CAREGIVERS SUPPORT GROUP**

The Caregivers Support Group will meet on Thursdays, June 9th & 23rd and July 7th & 21st from 1:30-3 PM. Helen MacMellon, LCSW and Peg DeNault, RN, will continue as co-facilitators. Sessions provide emotional support, resource information, nurse consultant and a loaning library for caregivers. For information or to register, contact Helen at 413-259-3062 or [macmellonh@amherstma.gov](mailto:macmellonh@amherstma.gov)

**CAREGIVERS LOANING LIBRARY**

Thanks to a generous Title III grant renewal from Highland Valley Elder Services and thoughtful book donations, we continue to build our caregivers library.

Books include, Living in the Labyrinth by Diana McGovern, Dancing with Dementia by Christine Bryden, Emotional Survival Guide for Caregivers by Barry Jacobs, Still Alice by Lis Genova, Ten Thousand Joys and Ten Thousand Sorrows by Olivia Hoblitzelle, The Caregivers Help Book by Powerful Tools for Caregivers Program, On Pluto, Inside the Mind of Alzheimer's by Gregg O'Brien, Learning to Speak Alzheimer by Joanne Coste, Chicken Soup for the Grieving Soul by Jack Canfield & Mark Victor Hansen, Alzheimer's by Howard Gruetznier, Bipolar Disorder for Dummies, by Candida Fink, MD & Joe Kraynak, Schizophrenia for Dummies by Jerome Levine, MD & Irene S. Levine, PhD.

**HOME SAFETY FOR THE CAREGIVER**

**Thursday, June 9th, 1:30 PM, Glass Room**

Peg DeNault, Board Certified Geriatric RN, MEd, will talk about general home safety tips for caregivers, activities for someone with dementia and a caregiver's notebook. There will be handouts and plenty of time for questions and discussion. **All are welcome!**

**DONATIONS** – Donations always welcome to supplement Highland Valley Elder Services Title 3 grant funds! Mail checks to "Friends of the Amherst Senior Center".

**Ask Dave!**

Shopping and errands, cooking & meal prep.  
light house keeping, including vacuuming  
minor computer help, dog walking & pet sitting  
other misc. tasks, availability: day, evening & weekend  
Rates: \$15 per hour, \$.50 per mile after first 10 Miles

Ask Dave!

phone: (413)687-4242 (cell)

e-mail [drbernstein05@yahoo.com](mailto:drbernstein05@yahoo.com)

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EliteHHA.org - 256-4663

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**Jon H. Steinberg**  
LICSW

Available for presentations.  
Medicare/private insurances accepted.



(413) 210-5713 [JONS629@comcast.net](mailto:JONS629@comcast.net)



**FOR YOUR INFORMATION****WHAT IS S.H.I.N.E.?**

(Serving the Health Information Needs of Elders)  
SHINE provides confidential counseling and assistance to Medicare beneficiaries and assistance with Medigap and HMO coverage, Medicare, Prescription Advantage applications, public benefits and more.

Call the Senior Center at 259-3060 to make an appointment. Counselors will be available from 1– 4 PM

**Monday, June 6 & 20, 2016**

**Monday, July 18, 2016**

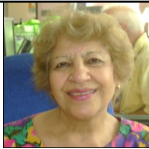
*The SHINE program is a free confidential program of the Executive Office of Elder Affairs in conjunction with Franklin County Home Care Corporation and local Councils on Aging.*

**SENIOR CRAFT WORKSHOPS**

Most Fridays from 9-11 AM, in the Bangs Center, handcrafters work on projects of their own choosing. This is a social group with lots of chatting, helpful instruction (upon request), and refreshments. Handcrafts that are donated by members, or others in the community, are sold at the Senior Center to raise funds for SC programs.

Parvin Niroomand is the Craft Club Director. You may call her at 413-218-5093. Please call the Senior Center to check on whether this program is meeting on the Friday you wish to attend.

**Many free craft supplies are available such as fabric, yarn and thread. Newcomers are welcome.**



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[maggiemagrath@comcast.net](mailto:maggiemagrath@comcast.net)

*Maggie Magrath*

**The computer tutor who comes to you!**

**FINANCIAL INFORMATION****ED SMITH, ESTATE PLANNING & ELDER LAW ATTORNEY**

**FRIDAYS, JUNE 17th & JULY 15th 1-3 PM**

Once a month, Ed Smith, a local estate planning and elder law attorney, offers free 15-minute private appointments at the Senior Center. Ed will be on hand to answer questions about ways to plan effectively for your own and your loved ones' future. Have you got your will, power of attorney, health care proxy and other necessary documents in order? Will a trust be helpful? Do you or a loved one have special needs? What kind of public assistance is available and how do you go about obtaining it? How do you avoid lengthy and expensive court involvement when it comes to handling your affairs? What effect will the Affordable Health Care Act (Obamacare) have on Medicare, Medicaid and Social Security? You may have created a financial plan—complete the process with an effective estate plan or a review of your existing plan. You'll feel good that you've got one in place, and the next generation will be grateful that you cared to look out for them. Attorney Smith also offers help with MassHealth applications.

**Call the Senior Center at 259-3060 to make your free 15-minute appointment. There is no charge.**

**AYAZ MAHMUD'S "MONEY TALK"**

**TUESDAYS, JUNE 14th & JULY 12th**

Ayaz Mahmud, a local, fee-only advisor from West Branch Capital LLC, conducts monthly seminars for the Amherst Senior Center. Ayaz leads a meeting the **second Tuesday of the month from 11 AM-12 PM** at the Bangs Center for soon-to-retire and retired individuals who want the facts, not the fantasy, about money matters. You are invited to attend Ayaz's informative meetings, whether you are a first-timer or a long-timer. Some of the topics to be discussed are: cash flow planning, low risk investment strategies, income investments (without commissions), long term health care issues, estate taxes, gifting strategies & more. (Howard Singer has retired.)

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## Amherst Senior Center Activities June 2016

| MONDAY                                                                                                                                                                                                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                        | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                | THURSDAY                                                                                                                                                                                                                                                                            | FRIDAY                                                                                                                                                                                                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>amherst copy &amp; designworks</b><br>37 E. Pleasant St. Amherst, MA 01002<br>413-549-2854<br>www.amherstcopy.com<br>amherstcopycat@gmail.com<br>Happiness Guaranteed!®                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                | <b>1</b><br>8:30-10 Healthy Bones<br>9:30 Free Bread Program<br>9:30-11 Morning Yoga<br>10-11:30 Shakespeare Class<br>11-11:30 Gentle Fitness<br>11:45 Lunch<br>12-1:30 Nonverbal Communication & Social Interaction<br>12-4 Bridge<br>12:30-2 Arthritis Exercise<br>2-4 New Options                                                                                                                                     | <b>2</b><br>8:30-9:30 Function Well<br><b>10-11:30 COA Annual Meeting</b><br>11:45 Lunch<br>1-3:30 Memoir Writing<br>1-4 Chess Games<br>1:30-3:30 SHS Nursing Clinic<br><b>2-4 Brown Bag</b><br>2:30-4 Healthy Bones<br>3-4 Moving for Fun/Fitness                                  | <b>3</b><br>9-12 Second Hand Shop<br>9-12 Craft Workshop<br>9-12 Cribbage Games<br>9:40-12:40 Foot Care & Ear Irrigation with Sharon<br>9:45-10:45 Ballroom Dance<br>11-11:30 Gentle Fitness<br>11:45 Lunch<br>12:30-2 Arthritis Exercise<br>1-3 Mexican Train Dominos                                                                         |
| <b>6</b><br>8:30-10 Healthy Bones<br>9:30-11 Drawing Workshop<br>10-12 & 1:30-3:30 Senior Health Services<br>11-11:30 Gentle Fitness<br>11 Name That Tune!<br>11:45 Lunch<br>12:30-2 Arthritis Exercise<br>1-3 Mexican Train Dominos<br><b>1-4 SHINE Appointments</b><br>3-4 Tai Chi                                                                          | <b>7</b><br>8:30-9:30 Function Well<br>9-10 Blood Pressure Clinic<br>10:30-11:30 Tai Chi/Arthritis<br>10:45-11:45 Line Dancing<br>11-4 Massage<br>11:45 Lunch<br>12:30 Chinese MahJongg<br><b>1-2 Joy of Song</b><br>1-2 Folkdancing<br>1-3 Scrabble<br>2:30-4 Healthy Bones<br><b>3-4:30 Annual Friends of the ASC Meeting</b>                                                                                | <b>8</b><br>8:30-10 Healthy Bones<br>9:30 Free Bread Program<br>9:30-11 Morning Yoga<br>10-11:30 Shakespeare Class<br>11-11:30 Gentle Fitness<br>11:45 Lunch<br>12-1:30 Nonverbal Communication & Social Interaction<br>12-4 Bridge<br>12:30-2 Arthritis Exercise<br>2-4 New Options                                                                                                                                     | <b>9</b><br>8:30-9:30 Function Well<br>10:30-11:30 Tai Chi/Arthritis<br>11:45 Lunch<br>1-3 Richard Wagner Class<br>1-3:30 Memoir Writing<br>1-4 Chess Games<br><b>1:30-3 Caregivers Group</b><br>1:30-3:30 SHS Nursing Clinic<br>2:30-4 Healthy Bones<br>3-4 Moving for Fun/Fitness | <b>10</b><br>9-12 Second Hand Shop<br>9-12 Craft Workshop<br>9-12 Cribbage Games<br>9:40-12:40 Foot Care & Ear Irrigation with Sharon<br>9:45-10:45 Ballroom Dance<br>11-11:30 Gentle Fitness<br>11:45 Lunch<br>12:30-2 Arthritis Exercise<br>1-3 Mexican Train Dominos                                                                        |
| <b>13</b><br><b>8:30 Hancock Shaker Village Trip</b><br>8:30-10 Healthy Bones<br>9:30-11 Drawing Workshop<br>10-12 & 1:30-3:30 Senior Health Services<br>11-11:30 Gentle Fitness<br>11:45 Lunch<br>12:30-2 Arthritis Exercise<br>1-3 Mexican Train Dominos<br>1:30-3 Heart Support Group<br>3-4 Tai Chi                                                       | <b>14</b> 8:30-9:30 Function Well<br>9-10 Blood Pressure Clinic<br>9:30-11 "Food Writing" Class<br>10 SALT Council at APD<br>10:30 Tai Chi/Arthritis<br>10:45-11:45 Line Dancing<br>11-12 Financial Seminar<br>11-4 Massage<br>11:45 Lunch<br>12:30 Chinese MahJongg<br>1-2 Folkdancing<br>1-3 Scrabble<br><b>1:30 -2:30 "Ask a Techie" Sem.</b><br>2:30-4 Healthy Bones<br>3-4:30 Ear Irrigation w/ Dr. Clapp | <b>15</b> 8:30-10 Healthy Bones<br>9-12 Shakespeare The Movie<br>9:30 Free Bread Program<br>9:30-11 Morning Yoga<br>11-11:30 Gentle Fitness<br>11:45 Lunch<br>12-1:30 Nonverbal Communication & Social Interaction<br>12-4 Bridge<br><b>12:30 Elder Abuse Day</b><br>12:30 Boxes of Food<br>12:30-2 Arthritis Exercise<br><b>1-3 Hearing Care Services</b><br>2-4 New Options<br><b>5-7:30 Dine for Seniors-Johnny's</b> | <b>16</b><br>8:30-9:30 Function Well<br>10:30-11:30 Tai Chi/Arthritis<br>11:45 Lunch<br>1-3 Richard Wagner Class<br>1-3:30 Memoir Writing<br>1-4 Chess Games<br>1:30-3:30 SHS Nursing Clinic<br>2:30-4 Healthy Bones<br>3-4 Moving for Fun/Fitness                                  | <b>17</b> 9-12 Second Hand Shop<br>9-12 Craft Workshop<br>9-12 Cribbage Games<br>9:40-12:40 Foot Care & Ear Irrigation with Sharon<br>9:45-10:45 Ballroom Dance<br>11-11:30 Gentle Fitness<br>11:45 Lunch<br>12:30-2 Arthritis Exercise<br><b>1-3 Atty. Smith Legal Clinic</b><br>1-3 Mexican Train Dominos<br><b>2-3:30 Strawberry Social</b> |
| <b>20</b><br>8:30-10 Healthy Bones<br>9:30-11 Drawing Workshop<br>10-12 & 1:30-3:30 Senior Health Services<br>11-11:30 Gentle Fitness<br>11 AM Name That Tune!<br>11:45 Lunch<br>12:30-2 Arthritis Exercise<br>1-3 Mexican Train Dominos<br>1:30-3 Heart Support Group<br><b>1-4 SHINE Appointments</b><br><b>2 Senior Travel Club Meeting</b><br>3-4 Tai Chi | <b>21</b><br>8:30-9:30 Function Well<br>9-10 Blood Pressure Clinic<br>9:30-11 "Food Writing" Class<br>10:30 Tai Chi/Arthritis<br>10:45-11:45 Line Dancing<br>11-4 Massage<br>11:45 Lunch<br>12:30 Chinese MahJongg<br>1-2 Folkdancing<br>1-3 Scrabble<br>2:30-4 Healthy Bones                                                                                                                                  | <b>22</b><br>8:30-10 Healthy Bones<br>9:30 Free Bread Program<br><b>9-12 Traveling Tooth Fairy</b><br>9:30-11 Morning Yoga<br>11-11:30 Gentle Fitness<br>11:45 Lunch<br><b>12-4 "Golden Age" Photo Sessions</b><br>12-4 Bridge<br>12:30-2 Arthritis Exercise<br>2-4 New Options                                                                                                                                          | <b>23</b><br>8:30-9:30 Function Well<br>10:30-11:30 Tai Chi/Arthritis<br>11:45 Lunch<br>1-3 Richard Wagner Class<br>1-4 Chess Games<br><b>1:30-3 Caregivers Group</b><br>1:30-3:30 Senior Health Services<br>2:30-4 Healthy Bones                                                   | <b>24</b><br>9-12 Second Hand Shop<br>9-12 Craft Workshop<br>9-12 Cribbage Games<br>9:40-12:40 Foot Care & Ear Irrigation with Sharon<br>9:45-10:45 Ballroom Dance<br>11-11:30 Gentle Fitness<br>11:45 Lunch<br>12:30-2 Arthritis Exercise<br>1-3 Mexican Train Dominos                                                                        |
| <b>27</b><br>8:30-10 Healthy Bones<br>9:30-11 Drawing Workshop<br>10-12 & 1:30-3:30 Senior Health Services<br>11-11:30 Gentle Fitness<br>11:45 Lunch<br>12:30-2 Arthritis Exercise<br>1-3 Mexican Train Dominos<br>1:30-3 Heart Support Group<br>3-4 Tai Chi                                                                                                  | <b>28</b> 8:30-9:30 Function Well<br>9-10 Blood Pressure Clinic<br>9:30-11 "Food Writing" Class<br>10:30-11:30 Tai Chi/Arthritis<br>10:45-11:45 Line Dancing<br>11-4 Massage<br>11:45 Lunch<br>12:30 Chinese MahJongg<br>1-2 Folkdancing<br>1-3 Scrabble<br><b>1:30 Estate Planning Basics</b><br>2:30-4 Healthy Bones<br>3-4:30 Ear Irrigation w/ Dr. Clapp                                                   | <b>29</b><br>8:30-10 Healthy Bones<br>9:30 Free Bread Program<br>9:30-11 Morning Yoga<br>11-11:30 Gentle Fitness<br>11:45 Lunch<br>12-4 Bridge<br>12:30-2 Arthritis Exercise                                                                                                                                                                                                                                             | <b>30</b><br>8:30-9:30 Function Well<br>10:30-11:30 Tai Chi/Arthritis<br>11:45 Lunch<br>1-3 Richard Wagner Class<br>1-4 Chess Games<br>1:30-3:30 Senior Health Services<br>2:30-4 Healthy Bones                                                                                     |                                                                                                                                                                                                                                                           |

## Amherst Senior Center Activities July 2016

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                         | THURSDAY                                                                                                                                                                                                                                                                                                 | FRIDAY                                                                                                                                                                                                                                                                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>If you or someone you know in Hampshire or Franklin County has a consumer problem or question, please contact:</p> <p style="text-align: center;"><b>The Northwestern District Attorney's<br/>Consumer Protection Division</b></p>  <p>(413) 774-3186 Greenfield (413) 586-9225 Northampton<br/>northwesternda.org<br/>Working in cooperation with the Attorney General's Office</p> |                                                                                                                                                                                                                                                                                                                                                                               | <p style="text-align: center;"><b>NEED A RIDE TO<br/>THE AIRPORT?</b></p> <p style="text-align: center;">Call:<br/><b>K &amp; R Transport<br/>Airport Car Service</b><br/><b>413-404-4761</b></p> |                                                                                                                                                                                                                       | <p><b>1</b></p> <p>9-12 Second Hand Shop<br/>9-12 Craft Workshop<br/>9-12 Cribbage Games<br/>9:40-12:40 Foot Care &amp; Ear Irrigation<br/>9:45-10:45 Ballroom Dance<br/>11-11:30 Gentle Fitness<br/>11:45 Lunch<br/>12:30-2 Arthritis Exercise<br/>1-3 Mexican Train Dominos</p>                                                   |
| <p><b>4</b></p>  <p style="text-align: center;"><b>HAPPY<br/>4TH OF JULY!!!</b></p>                                                                                                                                                                                                                                                                                                      | <p><b>5</b></p> <p>8:30-9:30 Function Well<br/>9-10 BP Clinic<br/>9:30-11 "Food Writing" Class<br/>10:30-11:30 Tai Chi/Arthritis<br/>10:45-11:45 Line Dancing<br/>11-4 Massage<br/>11:45 Lunch<br/>12:30 Chinese MahJongg<br/>1-3 Scrabble<br/>2:30-4 Healthy Bones</p>                                                                                                       | <p><b>6</b></p> <p>8:30-10 Healthy Bones<br/>9:30 Free Bread Program<br/>9:30-11 Morning Yoga<br/>11-11:30 Gentle Fitness<br/>11:45 Lunch<br/>12-4 Bridge<br/>12:30-2 Arthritis Exercise</p>      | <p><b>7</b></p> <p>8:30-9:30 Function Well<br/>10-11:30 Gender Course<br/>10:30-11:30 Tai Chi/Arthritis<br/>11:45 Lunch<br/>1-3 Richard Wagner Class<br/>1-4 Chess<br/><b>1:30-3 Caregivers Group</b><br/>1:30-3:30 Senior Health Services<br/><b>2-4 Brown Bag Pick Up</b><br/>2:30-4 Healthy Bones</p> | <p><b>8</b></p> <p><b>7:30 Boston Duck Tour, Lunch, Shopping</b><br/>9-12 Second Hand Shop<br/>9-12 Craft Workshop<br/>9-12 Cribbage Games<br/>9:40-12:40 Foot Care &amp; Ear Irrigation<br/>9:45-10:45 Ballroom Dance<br/>11-11:30 Gentle Fitness<br/>11:45 Lunch<br/>12:30-2 Arthritis Exercise<br/>1-3 Mexican Train Dominos</p> |
| <p><b>11</b></p> <p>8:30-10 Healthy Bones<br/>9:30-11:30 Drawing Workshop<br/>10-12 &amp; 1:30-3:30 Senior Health Services<br/>11-11:30 Gentle Fitness<br/>11 Name That Tune!<br/>11:45 Lunch<br/>12:30-2 Arthritis Exercise<br/>1-3 Mexican Train Dominos<br/>1:30-3 Heart Support Group</p>                                                                                                                                                                            | <p><b>12</b></p> <p>8:30-9:30 Function Well<br/>9-10 BP Clinic<br/>9:30-11 "Food Writing" Class<br/>10:30-11:30 Tai Chi/Arthritis<br/>10:45-11:45 Line Dancing<br/>11-12 Financial Seminar<br/>11-4 Massage<br/>11:45 Lunch<br/>12:30 Chinese MahJongg<br/>1-2 Healthy Eating Intro Session<br/>1-3 Scrabble<br/>2:30-4 Healthy Bones<br/>3-4:30 Ear Irrigation-Dr. Clapp</p> | <p><b>13</b></p> <p>8:30-10 Healthy Bones<br/>9:30 Free Bread Program<br/>11-11:30 Gentle Fitness<br/>11:45 Lunch<br/>12-4 Bridge<br/>12:30-2 Arthritis Exercise</p>                              | <p><b>14</b></p> <p>8:30-9:30 Function Well<br/>10-11:30 Gender Course<br/>10:30-11:30 Tai Chi/Arthritis<br/>11:45 Lunch<br/>1-3 Richard Wagner Class<br/>1-4 Chess<br/>1:30-3:30 Senior Health Services<br/>2:30-4 Healthy Bones</p>                                                                    | <p><b>15</b></p> <p>9-12 Second Hand Shop<br/>9-12 Craft Workshop<br/>9-12 Cribbage Games<br/>9:40-12:40 Foot Care &amp; Ear Irrigation<br/>9:45-10:45 Ballroom Dance<br/>11-11:30 Gentle Fitness<br/>11:45 Lunch<br/>12:30-2 Arthritis Exercise<br/><b>1-3 Atty. Ed Smith Legal Clinic</b><br/>1-3 Mexican Train Dominos</p>       |
| <p><b>18</b></p> <p>8:30-10 Healthy Bones<br/>9:30-11:30 Drawing Workshop<br/>10-12 &amp; 1:30-3:30 Senior Health Services<br/>11-11:30 Gentle Fitness<br/>11 Name That Tune!<br/>11:45 Lunch<br/>12:30-2 Arthritis Exercise<br/>1-3 Mexican Train Dominos<br/><b>1-4 SHINE Appointments</b><br/>1:30-3 Heart Support Group</p>                                                                                                                                          | <p><b>19</b></p> <p>8:30-9:30 Function Well<br/>9-10 BP Clinic<br/>9:30-11 "Food Writing" Class<br/>10:30-11:30 Tai Chi/Arthritis<br/>10:45-11:45 Line Dancing<br/>11-4 Massage<br/>11:45 Lunch<br/>12:30 Chinese MahJongg<br/>1-3 Scrabble<br/>2:30-4 Healthy Bones</p>                                                                                                      | <p><b>20</b></p> <p>8:30-10 Healthy Bones<br/>9:30 Free Bread Program<br/>11-11:30 Gentle Fitness<br/>11:45 Lunch<br/>12-4 Bridge<br/>12:30 Boxes of Food<br/>12:30-2 Arthritis Exercise</p>      | <p><b>21</b></p> <p>8:30-9:30 Function Well<br/>10-11:30 Gender Course<br/>10:30-11:30 Tai Chi/Arthritis<br/>11:45 Lunch<br/>1-3 Richard Wagner Class<br/>1-4 Chess<br/><b>1:30-3 Caregivers Support Group</b><br/>1:30-3:30 Senior Health Services<br/>2:30-4 Healthy Bones</p>                         | <p><b>22</b></p> <p>9-12 Second Hand Shop<br/>9-12 Craft Workshop<br/>9-12 Cribbage Games<br/>9:40-12:40 Foot Care &amp; Ear Irrigation<br/>9:45-10:45 Ballroom Dance<br/>11-11:30 Gentle Fitness<br/>11:45 Lunch<br/>12:30-2 Arthritis Exercise<br/>1-3 Mexican Train Dominos</p>                                                  |
| <p><b>25</b></p> <p>8:30-10 Healthy Bones<br/>9:30-11:30 Drawing Workshop<br/>10-12 &amp; 1:30-3:30 Senior Health Services<br/>11-11:30 Gentle Fitness<br/>11:45 Lunch<br/>12:30-2 Arthritis Exercise<br/>1-3 Mexican Train Dominos<br/>1:30-3 Heart Support Group</p>                                                                                                                                                                                                   | <p><b>26</b></p> <p>8:30-9:30 Function Well<br/>9-10 BP Clinic<br/>10:30-11:30 Tai Chi/Arthritis<br/>10:45-11:45 Line Dancing<br/>11:45 Lunch<br/>12:30 Chinese MahJongg<br/>1-3 Scrabble<br/>2:30-4 Healthy Bones<br/>3-4:30 Ear Irrigation-Dr. Clapp</p>                                                                                                                    | <p><b>27</b></p> <p>8:30-10 Healthy Bones<br/>9:30 Free Bread Program<br/>9:30-11 Morning Yoga<br/>11-11:30 Gentle Fitness<br/>11:45 Lunch<br/>12-4 Bridge<br/>12:30-2 Arthritis Exercise</p>     | <p><b>28</b></p> <p><b>7 AM Day in Ogunquit, ME</b><br/>8:30-9:30 Function Well<br/>10-11:30 Gender Course<br/>10:30-11:30 Tai Chi/Arthritis<br/>11:45 Lunch<br/>1-4 Chess<br/>1:30-3:30 Senior Health Services<br/>2:30-4 Healthy Bones</p>                                                             | <p><b>29</b></p> <p>9-12 Second Hand Shop<br/>9-12 Craft Workshop<br/>9-12 Cribbage Games<br/>9:40-12:40 Foot Care &amp; Ear Irrigation<br/>9:45-10:45 Ballroom Dance<br/>11-11:30 Gentle Fitness<br/>11:45 Lunch<br/>12:30-2 Arthritis Exercise<br/>1-3 Mexican Train Dominos<br/><b>2 Musical Showcase</b></p>                    |



## FOR YOUR INFORMATION



### IF YOU RIDE THE FIXED ROUTE BUSES:

Photo ID cards, for use by riders using PVTA fixed route buses, are made at the Northampton Senior Center the first Tuesday of each month from 10 AM-12 noon. The Amherst Senior Center and the Amherst Town Hall offices do NOT sell any tickets for the fixed route buses. The 31-day bus pass can be purchased at any Big Y market for a discounted rate of \$20 (for elders and disabled people) or \$43 (for the general public) if the Big Y Express Card is shown. If getting to a Big Y location is difficult, an order can be processed through the mail. Simply send a check to PVTA, identify what you wish to purchase, and PVTA will send the order out promptly with a re-order form. Mail your check to:

**PVTA Customer Service Center**  
1341 Main Street Springfield MA 01103

### LEARN TO RIDE ON A PVTA BUS

For information about one-on-one travel training on a PVTA bus contact Teri Koopman, mobility Services Coordinator at: 413-732-6248 ext. 235 or [tkoopman@pvta.com](mailto:tkoopman@pvta.com)

### VAN RIDERS WHO RESIDE IN AMHERST:

Purchasing your ADA or Dial-a-Ride Tickets at the Amherst Senior Center will save you money. The Town of Amherst subsidizes the cost, so tickets are just \$2 each for Amherst seniors and riders with disabilities. The Senior Center sells van tickets Mondays—Fridays, 9 AM-12 PM & 1 PM-4 PM. We accept cash or checks as payment. We do not mail van tickets.

### HOT LUNCH IS SERVED WEEKDAYS AT THE AMHERST SENIOR CENTER

The meals are served at 11:45 AM. Menus are available in advance. Your reservation should be made no later than 10 AM the previous day. Call Kathy Nelson, Lunch Site Director, at 259-3164 to sign up. Suggested donation is \$2.



## COMPREHENSIVE HOME CARE BECAUSE THERE IS NO PLACE LIKE HOME

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[chcare@the-spa.com](mailto:chcare@the-spa.com)

### TECHNOLOGY TIPS

If you have a GPS—don't put your home address in it. Put a nearby address such as a store or gas station, so you can still find your way home, but no one else would know where you live if your GPS is stolen.

Do not disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mom, etc. And very importantly, when sensitive information is being asked for through texts, CONFIRM by calling back. Also, when being texted by friends/family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet "family and friends" who text you.

### LEAGUE OF WOMEN VOTERS BOOK SALE



The Amherst League of Women Voters will hold their annual book sale at Fort River Elementary School, 70 South East St., July 28th-30th & Aug. 4th-6th. Thousands of interesting books at bargain prices! Book collection will be June 20th to July 20th at Stop in Shop, Route 9, Hadley, and at Fort River Elementary School. Please see [www.lwvamherst.org](http://www.lwvamherst.org) for more information, contact [lwva@lwvamherst.org](mailto:lwva@lwvamherst.org) or 413-367-4329.

### "WELLNESS RIDES" PROGRAM

Our Wellness Rides Program provides medical appointment transportation for Amherst seniors who are *completely independent with mobility and decision making*. Additionally, seniors must not have family who can drive them to appointments, and the senior must live independently, not in a residential facility, such as an assisted living community or a nursing home.



### Fee Schedule

Amherst: \$8.00 round trip  
Hadley: \$9.00 round trip  
Northampton, Hatfield: \$12.00 round trip  
Easthampton, Florence, Leeds, Belchertown: \$14.00 round trip  
Holyoke, Deerfield: \$16.00 round trip  
Greenfield: \$20.00 round trip  
West Springfield, Springfield: \$30.00 round trip

Contact Maura Plante, 259-3213, or Helen MacMellon, LCSW, 259-3062 to learn if you're eligible for this service, to register and if you are a return rider from 9 AM—4 PM at 413-259-3270.

**Please remember, we need at least two business days to find a driver; no last minute calls!**

### SALVATION ARMY



The Salvation Army counselor, Kay Fite, holds office hours (for Amherst and Hadley residents only) at the Amherst Survival Center, 138 Sunderland Road, Amherst each Tuesday from 1-2:30 PM. For income-eligible individuals, vouchers may be obtained for the following items:

- **Prescription Eyeglasses:** Eye exam within last 2 years and prescription information is required. Voucher is redeemable at Vision Showcase (Route 9, Hadley). One time only.
- **Clothing Vouchers:** Redeemable at: The Salvation Army Thrift Store (Rt. 9, Hadley) or at The Hospice Shop (University Drive, Amherst)
- **Emergency Assistance:**  
Utilities, if termination notice has been received.

FRIENDS OF THE AMHERST SENIOR CENTER  
70 BOLTWOOD WALK  
AMHERST, MA 01002

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CHANGE SERVICE REQUESTED

### FROM THE EDITORS

Since 1991, *The Senior Spirit* has been completely funded by donations and advertisers. A special thanks to the Senior Travel Club for funding the travel page of *The Senior Spirit*. We consider the following people to be *Friends of the Spirit*: Meredith Raymond, Maria Zraunig, Susie & Arnold Friedmann, Frank Gatti & Eleanor Manire-Gatti, Jane Kelley & Vic Kudrikow, Donald & Barbara Black, Jules Chametzky, Function Well Class

### **DONATE**

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Please make check payable to

**"Senior Center Program Account"**

and mail to:

Amherst Senior Center

70 Boltwood Walk, Amherst, MA 01002

Name \_\_\_\_\_

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